

UPCOMING SUPPORT GROUP MEETINGS:

All Meetings 7:30 – 9 p.m.
Davis Hospital Classroom 1

- *May 4* •
- *June 1* •
- *July 6* •
- *August 3* •
- *September 7* •
- *October 5* •
- *November 2* •
- *December 7* •

If you wish, please bring a memory item of
your baby to share.

(Pictures, stuffed animal, poem, etc.)

For more information about
support meetings,
please visit www.utahshare.org

Resources

Utah Share would like you to know that you do not need to face the grieving process alone. Below is a list of several organizations that offer support and resources to grieving parents.

Utah Share: 801-544-1159
www.utahshare.org

Compassionate Friends: 877-969-0010 (toll-free)
www.compassionatefriends.org

National SIDS Resource Center:
www.sidscenter.org

Bereaved Parents USA:
www.bereavedparentsusa.org

Mommies Enduring Neonatal Death (M.E.N.D.):
www.mend.org

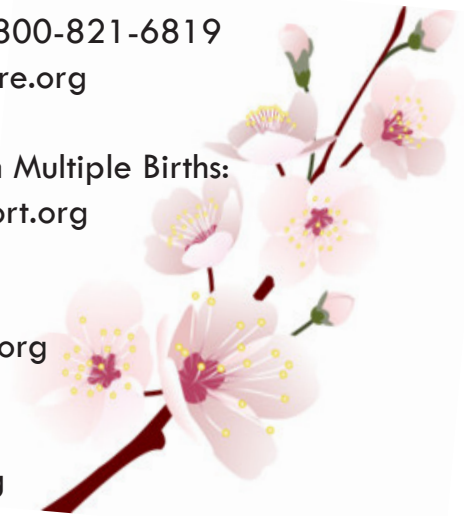
My Miscarriage Matters:
www.mymiscarriagematters.com

National Share: 800-821-6819
www.nationalshare.org

Center for Loss in Multiple Births:
www.climb-support.org

Grief Haven:
www.griefhaven.org

GriefNet:
www.griefnet.org



Due to limited resources, Utah Share only mails out a hard-copy newsletter to parents who experienced a recent loss. For the next edition of the bi-monthly newsletter, visit www.utahshare.org/newsletter to view the online version or download and print off a copy. 1

BABIES WHO HAVE TOUCHED OUR *Hearts*

Lincoln Hyland
February 28, 2017

Cassius Lewis May
March 3, 2017 –
March 5, 2017

**Christopher Kevin
O'Neal Styers**
March 6, 2017

Jesse Allan Holm
March 9, 2017

June Pitt
March 25, 2017

Hamilton Jesse Whetton
March 30, 2017

Trapper Clyde Holland
February 5, 2017 –
April 2, 2017

Nash Norris Jones
April 8, 2017

Alyssa Shirrel Talley
April 16, 2017

Miloh Walter Jahsman
April 26, 2017

AN ANGEL HUG

ANGELS ARE EVER ALL AROUND US
AND WITH LOVE THEY DO SURROUND US.
WHEN MY HEART IS SORE IN NEED,
THE ANGELS COME MY SOUL TO FEED.

THEY COME TO ME FROM UP ABOVE
AND SING IN WHISPERS OF LOVE.
WHEN IN MY HEART I FEEL A TUG
I KNOW THAT IT'S AN ANGELS' HUG.



Life After Loss: How The Death of A Baby Changes You Forever

by Ann Douglas

During those intensely painful days after my daughter Laura was stillborn five years ago, I remember feeling that I was at a crossroads in my life—that two separate paths lay before me: I could either let this tragedy destroy my life and break my spirit or I could find a way to make something positive come out of my daughter's death.

Fortunately for me, I inherited the stubborn gene from my parents, so giving up on life really wasn't a viable option for me. So, by default, I gravitated toward the second alternative: finding a way to make something good come out of this most searing of losses.

While I would never have wished this on myself—the death of a baby is too big a price to pay for any personal growth experience—I have been forever changed by the experience of losing Laura. In many ways, I'm a better person than I was before that fateful day five years ago when a tiny piece of my heart was forever broken.

For one thing, I'm more compassionate. I feel an immediate bond with any parent who has experienced the death of a baby as well as anyone else who is grieving the death of someone significant in their life, be it a spouse, a parent, or a close friend.

My volunteer work with grieving parents and the articles and books I've written on miscarriage, stillbirth, and infant death have allowed me to make a difference in the lives of other parents who've experienced the tragedy of losing a much-wanted baby. That means a lot to me.

In terms of other ways I've been affected by the death of my daughter, I'd say I'm more aware of what it feels like to be really connected to someone heart-to-heart and soul-to-soul. I have a very special friend whose baby died shortly after mine did. The two of us spent a lot of time together in the weeks that followed, sharing our grief about the babies who would

never come home. We don't see each other as often these days—we're both insanely busy with work and family—but each time we meet for lunch, it's like we've never been apart. That speaks to the powerful bond we developed during the most nightmarish time of our lives.

Another perk: I'm less of a control freak. After all, I've learned the hard way that some things are out of your control—and some things can't be fixed, no matter how desperately you want to put the pieces back together again. As a card-carrying Type A, it's been healthy for me to learn to let go of things—well, at least a little!

Along the same vein, I've come to terms with my fear of death. Being forced to deal with the death of my child has forced me to confront my own mortality. As a result, I'm more at peace with the knowledge that life doesn't last forever—and more inclined to make the most of today.

I've also learned how to put things in perspective. A leaky ceiling, a missed deadline, a squabble with my husband, or a minor fender bender no longer qualify as a crisis for me. I now save the "crisis" label for the real life-and-death situations.

Finally, I'm better able to celebrate the wonder in everyday life. Rather than looking forward to that magical day when my mortgage is paid off, I reach my goal weight, and I have a book or two on the bestseller list (hey, a girl can dream, can't she?), I'm more inclined to delight in what's happening in the here and now: to savor the joy I feel when my youngest child, Ian, hugs my leg and says, "I really love you, Mom" and to enjoy the way my heart lifts when the telephone rings and there's a special friend on the other end of the line.

These are just a few of the gifts that Laura gave to me during her brief journey through my life. These gifts are her legacy to me.

COMMUNITY EVENTS

Running with Angels 5K Run/Walk

Saturday, May 20, 2017

Race begins at 8 a.m.

Thanksgiving Point Gardens,
Lehi, Utah

This run is inspired and hosted by author and inspirational speaker Pam Hansen. Read about Pam's amazing story of turning personal tragedy into triumph in the book "Running with Angels".

Come enjoy a run/walk through the beautiful gardens at Thanksgiving Point while supporting the women's and children's services in Utah Valley, including the Angel Watch Program.

Registration includes T-shirt, water bottle, food

and drinks at the finish, and giveaways.

Although times will be recorded and posted, medals will be given only for 1st, 2nd, and 3rd place overall.

All participants over the age of two should be registered and wearing a bib number. Strollers are allowed.

For more information or to register visit: www.runningwithangels.com and click on race info.



Race for Grief

Memorial Day - May 29, 2017

10K, 5K run & 2 mile walk & Kids K

8:00 a.m. West Bountiful Park, Utah

The Race for Grief was started by running coach Lora Erickson, aka the "Blonde Runner," in memory of her angel daughter Samantha.

Erickson started the race as a way to honor her daughter's memory as well as bring community members together to help others through the grieving process.

The event is not limited to those who have lost babies or children. Erickson would like to invite anyone who has ever lost someone (a husband, wife, parent, sister, brother or grandparent) to attend in the memory of their loved one.

Visit www.raceforgrief.com for more information and to register. The walk starts at 8:05 and the Kids K will start at 10:15 a.m.

Inspirational Messages

Calling Daddy From Heaven

I'm calling you, Daddy, from Heaven Because we are apart,
But the phone won't ring on earth today; In heaven we call heart to heart.

I just want to say, "I love you," And I think of you each day.
I hear you say you love me Each time you kneel to pray.

Sometimes I watch you working At a job you do so well. I tell all my friends in Heaven,
"That's my daddy, and ain't he swell!"

I'm working on a project To send you as a gift, And when you finally see it,
Your spirits will really lift.

I'm painting lots of colors All across the sky,
And after rain you'll see them And know we never die.

I'll also paint some flowers And send them down to you.
They'll look so fresh and pretty In the early morning dew.

But best of all, I'll take some notes Of all the things I love,
So you can read my journals When you meet me here above.

Your name will cover pages Of my moments to be shared;
You'll see how much you've meant to me
And how very much I cared.

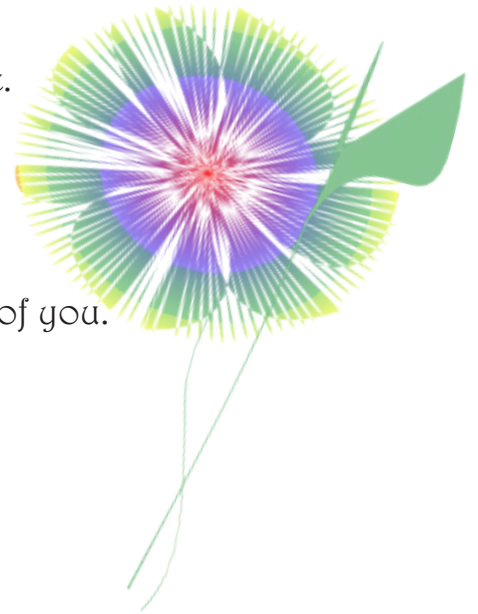
Then, I'll have story time with Jesus And he'll tell me stories of you.
I'll listen with a smile Of all the things you do.

He'll tell me of your kindness And the smile upon your face,
The way you make the world A really nicer place.

Of all the things I ever do, This will be the best;
I'll ask the Lord to Bless you, My very own request.

And tonight when you are resting From the day you've spent so well,
I'll whisper in your ears All I have to tell.

And as I hold you through the night, This is what I'll say,
"I'm proud to call you Daddy on this special Father's Day."

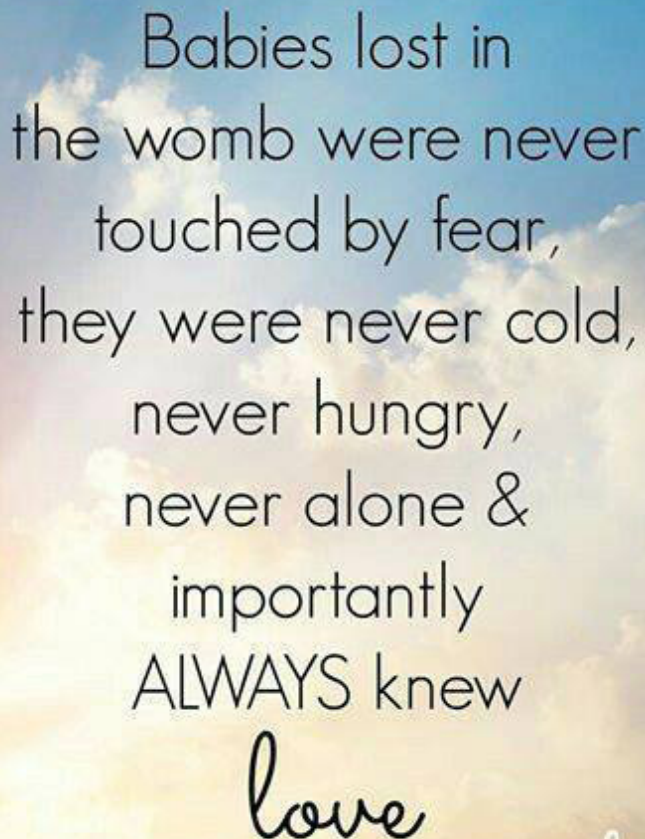




Inspirational Messages

Memories

If I could have a lifetime wish
A dream that would come true,
I'd pray to God with all my heart
For yesterday and you.
A thousand words can't bring you back
I know because I've tried.
And neither will a million tears
I know because I've cried.
You left behind my broken heart
And happy memories too.
I never wanted memories
I only wanted you.



Babies lost in
the womb were never
touched by fear,
they were never cold,
never hungry,
never alone &
importantly
ALWAYS knew
love

cafemom

Hi Mommy

Hi Mommy
It's me, your little Angel
Just checking in with you.

I know you're sad
because I'm gone,
and Mommy I'm sad too.

It's beautiful here,
wherever I am,
there's such a lovely view.

But mostly when I'm sitting
here I'm looking down at you.

I see all your feelings,
everyday when I look down,
I love to see you smile
and I know sometimes you
frown.

But guess what?
I have a job to do.
God saved it for your little girl.

I get to watch over you
and protect you from the world.

So though you cannot see me
and I know it's hard on you,
You'll surely see the benefits
of the job God has me do.

Author unknown



Birthdays In Memory Of



Wishing you a very Happy Birthday!!
We Love you Dylan Mason Lucas.

Dakota Chantel
5/12/2012

5 years little one.

How is that even possible?
What I wouldn't give to see you, hold
you, and tell you I love you. We miss
you so much. Until we meet again, fly
high sweet daughter of ours. ❤️

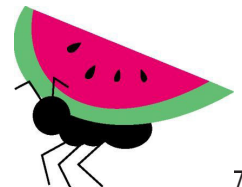
Happy Angel Day Dakota,
I love you and miss you.
Your brother,
Tristin

ALL THAT WE LOVE DEEPLY
BECOMES A PART OF US.



Utah Share Summer Social

Save the date! We'll be hosting our annual Utah Share Summer Social in August. The social is a great way to get to know other families with angel babies. Join us for food and fun. Watch for more details in the next newsletter or keep an eye on www.utahshare.org/events for more information.



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Our Mission

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.

Find us on Facebook under "Utah Share"



www.utahshare.org and www.utahshare.org/newsletter